



Almaden Community Center

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Bus Lines: 63

Types of Programs: Fee class, after school recreation, senior programs, senior nutrition, drop-in recreation and special events.

ARTS & CRAFTS

Art Adventures

\$91

Children embark on an imagination journey filled with fun and fantasy! In this spectacular course, designed specifically for little ones, students will experience each of the art disciplines. Explore Creative Drama, Dance, Music, and Visual Arts! Each class presents a different theme with fun and engaging activities. Through this course, children develop skills to prepare them for the next stage of growth: creative expression, movement and motor skills, socialization, language development and math concepts. From the ocean to the jungle, royal castles to safari scenes, children set off on a course of adventure with costumes, props, music, arts and crafts, and lots and lots of imagination! **The parent participation class is for the registered child and caregiver only - no non-registered participants.**

***Parent Participation Required**

No Class 10/13

Instructor: CLAP Arts

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.101	M	9/22-11/17	9:15-10:00am	2-4*	8	AD
252.2.102	M	9/22-11/17	10:00-10:45am	2-4*	8	AD
252.2.103	M	9/22-11/17	10:45-11:30am	4-5	8	AD

Cartooning Advanced

\$75

Advanced Cartoon Drawing focuses on creating a comic book. Topics covered: creating a script, color theory and formatting pages. As part of the class, we will do a painting demonstration using water color. This will cover painting techniques such as shading, highlighting and brush strokes. Throughout the session, we will review drawing techniques.

Instructor: Coyle

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.104	W	9/17-11/5	6:00-7:00pm	10-14	8	AD

Cartooning Beginning

\$75

Beginning Cartooning focuses on the students creativity using basic shapes to make cartoon characters of their own. The topics that are covered are, shapes, form and color theory. These are used to create animals, faces, people and backgrounds. Other topics include perspective, shading and highlighting to add more depth to their artwork. We will also watch some cartoons on video to help the creative process along. As a project, the students can design a T-shirt logo and their logo will be put on to transfer paper which they can put on a blank shirt that they provide.

Instructor: Coyle

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.105	W	9/17-11/5	5:00-6:00pm	6-15	8	AD

Comic Book Art Class

\$90

Draw your favorite heroes and villains and create your own cast of characters like the pros do. Children will have an opportunity to create comic characters and their own ending to famous comic book stories!

Instructor: Barcelona

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.106	Th	9/18-11/6	5:30-7:00pm	8+	8	AD

Pinch, Coil, and Slab

\$108

Have fun with clay, while learning the basic techniques of ceramics and building. Projects include a cup or bowl, mug, plate or plaques, and a fantasy sculpture. Cost of firing included in the price.

Instructor: Cook

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.107	W	9/17-11/5	3:45-5:15pm	6-12	8	AD

Parent/Child Ceramics

\$120

Have you ever wanted to take a class with your parent? Here is your opportunity! Learn hand building techniques and create useful articles and decorative pieces. A parent must attend with registered child.

Instructor: Cook

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.108	Sa	9/20-10/25	10:00-11:30am	6-12	6	AD

My First Art Class

\$47

Spend quality time with your young child creating art and having fun together! Each week features a new theme with five art stations. Art projects continue to change all year long! Process rather than product is emphasized. Projects are age appropriate with the children having the freedom to explore materials at their own pace and in their own way. The class ends on a musical note with singing and dancing and having too much fun. Wear your grubbies!! **All classes require parent participation.**

No Class 11/27

Instructor: My First Art Class

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.109	Th	9/18-10/9	9:30-10:30am	18-36m	4	AD
252.2.110	Th	9/18-10/9	10:45-11:45am	2-5	4	AD
252.2.111	Th	10/16-11/6	9:30-10:30am	18-36m	4	AD
252.2.112	Th	10/6-11/6	10:45-11:45am	2-5	4	AD
252.2.113	Th	11/13-12/11	9:30-10:30am	18-36m	4	AD
252.2.114	Th	11/13-12/11	10:45-11:45am	2-5	4	AD

Young Artists at Work

\$72

Little ones will love this class. Each child will have an opportunity to create and explore their imagination while creating a variety of arts and crafts to takehome. Fun will be emphasized!

Instructor: O'Neill

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.115	M	9/15-10/27	5:00-6:00pm	5-9	6	AD

Life and Fantasy Drawing

\$107

Learn to use professional pencil and charcoal techniques to create unbelievable pictures. Subjects will consist of real and fantasy people, places and things like spaceships, distant planets and aliens. You will put your imagination to the test. This class is for advanced art students who are tired of the same old art classes.

Instructor: Barcelona

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.116	T	9/16-11/4	4:30-6:00pm	8+	8	AD

**DANCE****Ballet & Tap****\$91**

This is a great class which introduces your child to ballet and tap. Your child will learn the ballet steps, tap combinations, use props, and understand dance terminology while dancing to fun music. All dancers will perform an in class routine on the last day of the session. Tap shoes required.

Instructor: Dance Force

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.201	T	9/16-11/4	3:25-4:10pm	3-5	8	AD

Ballet & Tap I - New Age Group!**\$91**

In this class students will build on the skills they learned in the beginning Ballet & Tap class. All dancers will perform an in class routine on the last day of the session. Tap shoes required.

Instructor: Dance Force

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.202	T	9/16-11/4	4:15-5:00pm	5-7	8	AD

Ballet/Tap**\$80**

Class consists of both ballet and tap. Ballet positions, steps and routines will be taught along with basic steps and routines. Parents may attend a 10 minute overview at first class meeting and a performance at the last class meeting.

Instructor: Dance Arts Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.203	Th	9/18-11/6	12:00-12:55pm	3-6	8	AD

Bollywood for Kids**\$91**

The long awaited Bollywood dance class for kids has arrived! Learn upbeat and creative dance steps to the most popular Bollywood film songs, folk songs, and catchy beats. The fun dancing and cool moves are waiting for you! Parents and family are invited to a performance in the last class.

Instructor: Venkatesan

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.204	W	9/17-11/5	9:30-10:30am	3-6	8	AD
252.2.205	F	9/19-11/7	4:30-5:30pm	7-12	8	AD

Creative Dance - New**\$50**

Creative dance capitalizes on the natural movement of children. Children gain an understanding of the elements of dance, and encouraged to express their own creativity through movement. Children must be able to be independent from the parent for the duration of the class. An excellent program for any child who is ready to have a fun movement experience! Parents will be invited to an in-class performance on the last day!

*No Class 10/11**Instructor: Serpa*

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.206	S	9/20-11/15	10:35-11:05am	3-4	8	AD

Combo Dance - New**\$70**

This class is designed for boys and girls, ages 6-8, who want to have fun and dance at the same time! It is a fun class where students will learn rhythm, creative movement, tap, ballet, and jazz while building self-confidence, coordination, discipline & positive self-esteem. Participants need to wear comfortable clothes and appropriate dance shoes. Parents will be invited to an in-class performance on the last day! Tap shoes are recommended.

Instructor: Serpa

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.207	W	9/17-11/5	4:00-4:55pm	6-8	8	AD

Dancin' Boogie Babies**\$98**

Come have some fun with your little one doing the Boogie Woogie Bear! You and your baby will sing and dance to lively nursery songs and show tunes like "Bingo," "Wheels on the Bus," "Head and Shoulders, Knees and Toes," and more. Jump, run, hop, and boogie away with hula-hoops, dancing scarves and beanbags. Come play with musical instruments, tunnels, balls and parachute away.

Instructor: DanceKids

Course #	Days	Date	Time	Age	Mtg.	Loc.
252.2.208	F	9/19-11/7	11:00-11:45am	19-30m	8	AD

Gymnastic Stars - New**\$80**

Be a gymnastic star! Learn cartwheels, handstands, rolls, round offs, and much much more! This class is taught by the professional staff from Dance Arts Academy. There will be a show for parents on the final day of class!

Instructor: Dance Arts Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.209	Th	9/18-11/6	4:30-5:25pm	6-12	8	AD

Jazz/Hip Hop Dance**\$80**

Explore beginner and intermediate hip hop dance, music and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, overcome performance anxiety and of course have fun doing it!

Instructor: Dance Arts Academy

Course #	Days	Date	Time	Age	Mtg.	Loc.
252.2.210	Th	9/18-11/6	2:00-2:55pm	3-6	8	AD

Jazz/Hip Hop I - New Age Group!**\$80**

This class will build on the skills and steps that are taught in the beginning Jazz/Hip Hop dance class. It is also for the older beginners who haven't yet had a chance to experience the exciting world of Jazz/Hip Hop! Participants must wear comfortable clothes and dance appropriate shoes. There will be a show for parents on the final day of class!

Instructor: Dance Arts Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.211	Th	9/18-11/6	3:30-4:25pm	6-8	8	AD

*Almaden Community Center continues on the next page***Dance Studio**

We love our parents, but...with your child's best interest in mind, we ask that parents not remain in the dance studio after the class begins. Our instructors have found that the quality of instruction is often affected by parent and sibling distractions and interruptions. We feel it is most beneficial for children to have the recreational time with their peers. Thank you for your cooperation.



DANCE

Kinderdance – **New**

\$60

This class teaches the joy of expression through dance. Creative dance, combined with beginning ballet and jazz, teaches children basic elements of dance. Class stresses individual exploration of movement, basic dance technique, and simple rhythmic training. With exposure to creative dance, ballet, and jazz, students are given an excellent opportunity to explore these fun and exciting dance styles while being introduced to more choreographed routines. Children should wear comfortable clothes and dance appropriate shoes. Parents will be invited to an in-class performance on the last day!

No Class 10/11
Instructor: Serpa

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.212	Sa	9/20-11/15	11:15am-12:00pm	5-6	8	AD

Kindergymnastics

\$80

Designed to teach basic gymnastic skills, including movement exploration, balance and coordination. Parents may only attend a 10 minute overview at first class meeting.

Instructor: Dance Arts Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.213	Th	9/18-11/6	11:00-11:55am	3-6	8	AD
252.2.214	Th	9/18-11/6	1:00-1:55pm	3-6	8	AD

Me & My Shadow – **New**

\$77

This class is designed for a parent or caretaker to participate with the child and is especially for children who enjoy dance, but are not yet ready to take a class on their own. Basic dance fundamentals will be introduced through the use of themes, props and storytelling. Parents and caregivers wear comfortable clothing, bare feet, socks or white soled athletic shoes. Fee is per child. Non-registered siblings are not permitted in the studio.

Instructor: Dance Force

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.215	T	9/16-11/4	2:30-3:00pm	1.5-3	8	AD
252.2.216	T	9/16-11/4	10:55-11:25am	1.5-3	8	AD

Mommy/Daddy & Me Dance – **New**

\$50

Come and have fun with a class that incorporates fun themes into a creative movement class for children and their parents! Class begins with a short warm up and stretching routine followed by beginning barre work. Each class has a theme and parents take their children to different dancing and learning stations based on the theme of the day. Participants should come in comfortable clothes and dance appropriate shoes. Bring out the dance in your child!

No Class 10/11
Instructor: Serpa

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.217	Sa	9/20-11/15	10:00-10:30am	1.5-3	8	AD

Parent/Tot Dance & Gym

\$80

Child and parent will enjoy singing, dancing, and exercising in this class. Children acquire confidence and discipline, as well as strength and coordination. Parents must attend with registered child only.

Instructor: Dance Arts Academy

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.218	Th	9/18-11/6	9:00-9:55am	1-3	8	AD
252.2.219	Th	9/18-11/6	10:00-10:55am	1-3	8	AD

Princess Pre Ballet

\$91

Calling all Princesses! Come join this magical class as, we introduce your child to ballet and creative movement. This class will teach individual steps, across the floor movement, and dance combinations. Your child will use fun props while dancing to their favorite princess music & pretending to be beautiful princesses.

Instructor: Dance Force

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.220	T	9/16-11/4	12:55-1:40pm	3-5	8	AD

Pretty Princess Tap/Ballet

\$98

All of you pretty princesses, come join this joyful class! The little ones will get to learn really fun basic tap steps and song and dance routines. They will dance with crowns, flowers and wands to beautiful Princess Ballet music while doing traditional ballet steps and dances. Come dance to the Waltz of the Flowers and make your dreams come true. This combo class will give your child a variety of two types of dance. **Note: Ballet slippers/tap shoes suggested.**

Instructor: Dance Kids

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.221	F	9/19-11/7	1:00-1:45pm	3.5-5.5	8	AD

Terrific Tot Tumblers

\$98

Come on mommy and daddy and bring your energized toddler to class for some fun. This special class will include activities such as warm-up exercises and movements to music. The little ones will learn basic tumbling, somersaults, crab walks, bear walks, bridges and much more. Come play with hula-hoops, bean bags, and blow bubbles while making some new friends! **Parent participation required.**

Instructor: DanceKids

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.222	F	9/19-11/7	12:00-12:45pm	2.5-4.5	8	AD

Tiny Tots Ballet

\$77

This class is geared for Tiny Tots. Your child will be introduced to ballet and creative movement. This is a FUN class, which is action packed to keep your child's attention. They will learn ballet steps, use props, scarfs, teddy bears, magic wands and begin to understand dance terminology. Parents may attend first 10 minutes of first class.

No Class 11/11
Instructor: Dance Force

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.223	T	9/16-11/4	11:30am-12:00pm	2.5-3.5	8	AD

Do you have a talent, hobby, or special skill to share with others?

Turn that skill into cash by becoming a class instructor. Apply on-line at

jobs.cityofsj.org

or call (408) 979-7829
for more information.



EARLY CHILDHOOD RECREATION

Kindertots

These classes are reserved for those children that are entering Kindergarten in the Fall of 2009 and that are at least four years old by the first day of class. NO EXCEPTIONS! This class emphasizes age-appropriate activities, through social interaction, hands on exploration and fosters independence. We will work on numbers, letters and skills so that children will be prepared for Kindergarten. During the session we will have the opportunity to explore art activities, drama and games that help to develop hand/eye coordination and motor-skills. Children should have a general understanding of numbers and letters so that the teacher may work with them to improve these skills. Participants must be toilet trained!

No Class 10/13, 11/11, 11/24-11/28

Instructor: Gardner

Course #	Day	Date	Time	Age	Mtg.	Cost
252.2.301	M/W/F	9/22-12/5	9:15-11:45am	4-5*	29	\$387
252.2.302	M/W/F	9/22-12/5	12:30-2:30pm	4-5*	29	\$310

Instructor: Victorine

Course #	Day	Date	Time	Age	Mtg.	Cost
252.2.303	T/Th	9/23-12/4	9:30-11:30am	4-5*	19	\$220

Time for Twos

\$91

Come play with us and meet new friends for a fun-filled hour of arts, music, games and stories. The parent/child class emphasizes pre-socialization skills, creativity and circle time activities such as songs, stories and listening games. Parent must attend with registered child only.

No Class 11/11, 11/27

Instructor: Thomas

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.304	T	9/23-12/2	9:00-10:00am	24-36m	10	AD
252.2.305	T	9/23-12/2	10:30-11:30am	24-36m	10	AD
252.2.306	Th	9/25-12/4	9:00-10:00am	24-36m	10	AD
252.2.307	Th	9/25-12/4	10:30-11:30am	24-36m	10	AD

Tiny Tots

This class will help your child ease into preschool and kindergarten. Classes are designed to promote social independence and improve social, cognitive and motor skills. Activities include crafts, stories, playtime and simple learning concepts. Child must be toilet trained. Parents required to assist for one or more classes!

No Class 10/13, 11/11, 11/24-11/28

Instructor: Thomas

Course #	Day	Date	Time	Age	Mtg.	Cost
252.2.308	M/W/F	9/22-12/5	9:00-11:00am	3-4	29	\$310
252.2.309	M/W/F	9/22-12/5	12:00-2:00pm	3-4	29	\$310
252.2.310	T/Th	9/23-12/4	12:30-2:30pm	3-4	19	\$220

Earthworks! - **New**

\$94

Discover the earth in this series of workshops. Get up close and personal with worms, and take one home for your garden! Become a Jr. Paleontologist as you go on your own dinosaur dig. Learn about animals and their habitats. Find out why opposites attract as you learn all about magnets. Play with water as you learn about floating, sinking and density, and experiment with bubbles and different bubble makers.

No Class 10/13

Instructor: Mad Science

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.311	M	9/29-11/10	12:30-1:15pm	3-5	6	AD
252.2.312	M	9/29-11/10	1:30-2:15pm	3-5	6	AD

MUSIC/THEATER ARTS

Act One

\$91

Take an imaginary journey filled with fun and fantasy! Designed for children of varied abilities, this spectacular drama program uses improv, creative movement, theatre games, costuming and props to take children on adventures they won't soon forget! From fairy tale castles to safari scenes, budding young artist explore the world of creative drama. At the end of this course, children shine as they put their talents on display in a fun show.

Instructor: CLAP Arts

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.403	Sa	9/27-11/15	9:00-10:00am	5-8	8	AD

Musical Revue - **New**

\$91

Dance, act, and sing to musical numbers from all your favorite musicals. This program focuses on the different elements of group productions and essential performing skills that include character building, stage presence, and movement. The finale will star the entire cast in a variety show!

Instructor: CLAP Arts

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.404	Sa	9/27-11/15	10:15-11:15am	8-12	8	AD

Guitar - Beginning

\$75

Introduction to guitar is a course designed for students who have little or no experience playing guitar. Our primary focus will be learning the basic techniques used in popular styles such as rock, folk, jazz, blues, country, etc. Material covered will include reading chord diagrams, chord charts from song books, chord voicing, right and left hand techniques, the major scales and their importance in popular music and more. Please bring a guitar to class.

Instructor: Kelly

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.405	T	9/16-11/4	7:00-8:00pm	10-15	8	AD

Guitar - Intermediate

\$75

This intermediate guitar class is in continuation of the Beginning Guitar course. Students who have already taken Beginning Guitar or have equivalent skills will benefit from this course. We will cover the topics of: sight reading, improvisation, and accompaniment by working on a set of songs to be performed at the final class. To enroll in the class students should know the names and numbers of their strings and be able to read chord diagrams and tablature.

Instructor: Kelly

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.406	T	9/16-11/4	6:00-7:00pm	10-15	8	AD

Piano Keyboard

\$85

In this class we will teach your child what they need to know about basic piano/keyboard. They will learn how to read music and easy skill-building songs. Keyboards will be provided in each class. The children will receive sheet music to take home.

Instructor: Etan

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.407	Th	9/18-11/6	4:00-5:00pm	7-12	8	AD



MUSIC/THEATER ARTS

School of Rock

\$88

Live the dream of being a Rock Star in your very own rock band! Participants will be taught classic ROCK songs to play as a band. At the end of class, students will record their very own CD! All talents and levels of skills welcome. Rock On!

No Class 10/13

Instructor: Recreation USA

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.408	M	9/15-11/10	6:00-7:00pm	12-18	8	AD

SPECIALTY CLASSES

Beginning Italian for Kids - **New**

\$74

Your children will learn the basics in the Italian language that will enrich their lives for years to come. This new class will be taught by an experienced Italian Instructor and will be formatted to create a positive learning environment.

No Class 10/13

Instructor: Albanese

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.601	F	9/19-10/24	5:00-6:00pm	10-14	6	AD

Chess

\$88

Introduce chess mats and pieces, set up and clean up. Learn to keep score using algebraic chess notation, rules and strategies to improve your game. All levels welcome!

Instructor: Recreation USA

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.602	W	9/17-11/5	5:00-5:50pm	7-10	8	AD
252.2.603	W	9/17-11/5	6:00-6:50pm	11-17	8	AD

Dog Obedience

\$69

Students will be taught to train their dogs to heel, sit, stay down stay, stand for examination, recall, socialize, problem solve, and to care for their dogs. Dogs must be at least 6 months old and be current with their shots and come to class with a 6ft leash on. The first class will be an orientation for dog owners who must be at least 12 years old. Bring your dog every day.

No Class 10/13

Instructor: Green

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.604	M	9/15-11/10	6:00-7:00pm	12+	8	AD

Money and Wealth Principles for Kids

\$88

It's never too early to teach your children the skills necessary to be good with money! Participants will learn the basics of banking, benefits from saving, ways to earn money and the fundamentals of accumulating wealth! This class will put your child on the right track to financial success.

Instructor: Recreation USA

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.605	T	9/16-11/4	4:00-5:00pm	10-18	8	AD

Meal Prep for Kids

\$75

Your children will get great cooking experience as they join Elsie in this food preparation workshop. They will learn basic preparation techniques. Menu creation will be based on dishes that children enjoy such as macaroni and cheese, pizza margherita and surprise meatloaf. A \$20 supply fee will be collected at the first class meeting.

Instructor: Saba

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.606	F	9/19-10/10	4:00-5:30pm	8-12	4	AD

Earth, Wind, Inspire - **New**

\$129

Neither rain, nor sleet, nor snow will prevent us from having a great time in this session of Mad Science. We'll learn all about weather as we explore meteorology, thunder and lightning, and clouds. Take a voyage to the center of the earth as we investigate how our planet formed and the forces that keep changing things. Discover how science is used to solve crimes, and take home your own I.D. kit. Learn all about pulleys, levers and catapults in Mad Science Machines and make your own Rocket Racer. Discover first-hand how movie special effects are created. Turn your kitchen into a virtual lab as you learn about the chemical reactions that take place there. Explore the science behind your favorite toys, as well as some that you may not have played with, but your parents probably did. You won't want to miss a minute of this exciting series!

Instructor: Science Adventures

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.607	Th	10/2-11/20	4:15-5:15pm	5-12	8	AD

Simple Snacks for Kids - **New**

\$67

Is your child interested in cooking? This is a great starter class for kids who love to cook and have fun! Join James Barcia, our Almaden Community Center Cook, in this once a week class that offers an opportunity to learn fun dishes like easy chicken fingers and pigs in a blanket, as well as pizza dough and a tasty dessert. Come and join the fun! No additional fees will be collected.

Instructor: Barcia

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.608	T	9/16-10/7	5:00-6:00pm	7-12	4	AD

Holiday Baking with Elsie

\$76

The holidays can be some of the most enjoyable days of the year, so why not enjoy them baking. Join Elsie in one of her many popular cooking classes to learn basic and fun techniques that kids can take home and practice. Children will get to experience the joy of baking in a fun-filled atmosphere, just in time for Halloween and Thanksgiving. No additional fees will be collected.

No Class 10/31

Instructor: Saba

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.609	F	10/17-11/14	4:00-5:30pm	7-12	4	AD
252.2.610	F	10/17-11/14	5:45-7:15pm	13-18	4	AD

If you see **graffiti** in a park, call 408 277-2758

**Stranger Danger-Kid Escape Workshop \$43**

In this 2 hour workshop, children of all ages will learn assertive ways of saying no to strangers, preventive things to do to discourage strangers who intend to do harm and self defense techniques to get away from a kidnapper. This program has recently been a feature on the Montel Williams Show. Parent participation may be required.

Instructor: Recreation Plus

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.611	Sa	10/4	10:00am-12:00pm	5-8	1	AD
252.2.612	Sa	10/4	12:30-2:30pm	9-12	1	AD

SPORTS & FITNESS**Active After School \$55**

Do you need a place for your child to go after school that is safe, fun, affordable and lets your child be ACTIVE? This is the program for you! In this after school program your child will participate in a wide variety of games, teambuilding activities, and sports that change often to keep the interest level high. Staff is highly trained to lead activities effectively, with safety as a priority. We have created three, month-long sessions for your convenience. Sign up for all four, or just one...it's up to you! Start building healthy habits in your child early with Active After School! Snack included. No Class 9/1, 10/13, 11/28

Instructor: Maynard

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.1.501	M/W/F	9/1-9/26	3:00-4:30pm	7-12	8	AD
252.1.502	M/W/F	9/29-10/31	3:00-4:30pm	7-12	8	AD
252.1.503	M/W/F	11/3-11/26	3:00-4:30pm	7-12	8	AD
252.1.504	M/W/F	12/1-12/19	3:00-4:30pm	7-12	8	AD

Active After School \$43

Do you need a place for your child to go after school that is safe, fun, affordable, and lets your child be ACTIVE? This is the program for you! In this after school program your child will participate in a wide variety of games, teambuilding activities, and sports that change often to keep the interest level high. Staff is highly trained to lead activities effectively, with safety as a priority. We have created four, month-long sessions for your convenience. Sign up for all four, or just one...it's up to you! Start building healthy habits in your child early with Active After School! Snack included. No Class 9/1, 10/13, 11/28

Instructor: Okoro

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.505	T/Th	9/2-9/25	3:00-4:30pm	7-12	8	AD
252.2.506	T/Th	9/30-10/30	3:00-4:30pm	7-12	8	AD
252.2.507	T/Th	11/4-11/25	3:00-4:30pm	7-12	8	AD
252.2.508	T/Th	12/2-12/18	3:00-4:30pm	7-12	8	AD

Badminton – Youth \$45

Learn the basics of the popular sport badminton, and engage in fun-petitive competition amongst other participants! The first half hour of each class will be dedicated to hands-on instruction of the rules, skills, techniques and game strategies of badminton. The last half hour will be tournament-style scrimmages where participants will be able to use their new-found skills in action! Registration includes one free pass for our drop-in badminton program on Saturdays. Participants must wear gym-appropriate shoes and bring their own racket.

No Class 10/13

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.509	M	9/15-11/10	5:00-5:50pm	7-12	8	AD

Dodgeball – Youth \$49

Is your child looking for a fun sport that will make exercise fun? Is your child an off-season athlete? Dodgeball may be the perfect answer for your child! Although absent from schoolyards during the 90's, dodgeball recently made its comeback after the release of the several comedy's based on the sport. Worried about keeping your child safe? Our dodgeball is truly safe. We use specially designed foam balls that are designed for speed and accuracy, while minimizing any risk of injury. Participants must wear gym appropriate shoes.

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.510	W	9/17-11/5	5:00-5:50pm	7-12	8	AD

Jr. Olympian \$75

The Jr. Olympian programs are designed to introduce children ages 3-5 to the basic skills of sports such as basketball, soccer, and T-ball, while developing sportsmanship and self-esteem. A qualified and highly trained instructor will lead each lesson, creating a safe learning environment and age appropriate instruction. Let us help you build healthy habits in your children, and a love for sports, through Jr. Olympian!

No Class 10/11, 10/13

Instructor: Ransom

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.511	M	9/15-11/10	10:00-10:45am	3-5	8	AD
252.2.512	Sa	9/20-11/15	9:00-9:45am	3-5	8	AD

Karate – Beg/Intermediate \$114

This is a traditional Japanese style of Karate that combines Japanese culture, philosophy, history and language. Class includes self-defense and stresses the importance of self-confidence and mental discipline. There is an additional fee for uniform, belt testing, and fist pads payable to the instructor. Parents and guests will not be able to stay in the classroom.

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.513	T/Th	9/16-11/6	5:00-5:50pm	5+	16	AD

Karate – Parent/Child \$57

A good physical activity for the whole family! Class is coed. The \$57 fee is per person. Class promotes healthy activities for family and stresses the importance of exercise. Child must be enrolled with and accompanied by a parent. There is an additional fee for uniform, belt testing, and fist pads payable to the instructor. Guests will not be able to stay in the classroom.

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.514	Th	9/18-11/16	6:00-6:50pm	5+	8	AD

Little Ninja Fitness Fun \$57

This fun-filled class will give your child a fun workout! Each little ninja will learn basic warm-up exercises, karate moves and fitness exercises. This is a great way to give your tot the chance to use their energy in a positive way. There is an additional fee for uniform, belt testing, and fist pads payable to the instructor. Parents and guests will not be able to stay in the classroom.

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.515	T	9/16-11/4	2:00-2:45pm	4-5	8	AD



SPORTS & FITNESS

Mommy/Daddy & Me Fitness

\$50

This program is a fun and developmentally appropriate way to teach children about physical activity while attending. We want to share some of these great activities with you, and to help you encourage your child to be active. These activities are easy to do and fantastically fun! Providing families with activities is a great first step in increasing physical activity for preschoolers, so every parent enrolled in the class will receive a complete list of activities we do in this class, and how they can implement them at home!

No Class 10/11
Instructor: Serpa

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.516	Sa	9/20-11/15	12:15-12:45pm	3-5	8	AD

Mommy/Daddy & Me Soccer

\$94

Introduce yourself and your toddler to the "World's Most Popular Game!" As you and your child participate in our fun, age-appropriate activities, your child will be developing their motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week. Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines.

Location: Cahalah Park

No Class 10/11, 10/13
Instructor: Kidz Love Soccer

Course #	Days	Date	Time	Age	Mtg.	Loc.
252.2.517	M	9/22-11/17	9:30-10:00am	2-3.5	9	CH
252.2.518	W	9/24-11/19	4:30-5:30pm	2-3.5	9	CH
252.2.519	Sa	9/27-11/22	11:00-11:30am	2-3.5	9	CH
252.2.520	Sa	9/27-11/22	11:30am-12:00pm	2-3.5	9	CH

Almaden Gym Drop-In Activities

\$3 per Adult and \$1.50 per Youth/Senior
 Monthly Pass \$24 per Adult and \$12 per Youth/Senior
 Includes access to gym, fitness center, and locker room.

Basketball

Thursday 5:00-8:00pm & Saturday 9:00am-1:00pm

Monday-Thursday 12:00-2:00pm

2 Courts available · 16 years or older

Liability release forms required of all participants

Volleyball

Friday 5:00-9:00pm

2 Courts available · 14 years or older

Liability release form required of all participants

Table Tennis

Saturday 10:30am-2:00pm

Tournament style tables available · All skill levels welcome

Paddles are available for rent · Open to all ages

Badminton

Saturday 1:00-4:00pm

3 courts available for play · 14 years or older

Rackets are available for use

Liability release form required of all participants

Kidz Love Soccer (KLS)

\$94

KLS is a non-competitive environment for children to learn and play the world's most popular sport. Each session includes age specific warm-ups, demonstrations, thematic progressions and recreational games. Classes are co-ed and every participant will have a ball at their feet! Shinguards are required after the first class meeting. **Tot Soccer: 3.5-4yrs.** - Young children will develop large motor skills while having fun running and kicking just like the big kids! Shin guards are required by the second meeting **Presoccer: 4-5yrs.** - Children will learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required by the second meeting. **Soccer 1: 5-6yrs.** - Beginning players learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required by the second meeting. **Soccer 2: 7-8yrs. & Soccer 3: 9-12yrs.** - Play the exciting game of Soccer! Explore the real sport, while in an instructional and nurturing environment. Be challenged by a real soccer situation, venture into the fun tactical side of scrimmaging. Players 7-12 years will enjoy age appropriate soccer matches and be guided through the possibilities by a KLS youth specialist. Attack and Scoring goals! Place and Possession! Defense and Transition! Themes such as these and continued skill building will be explored fully on the soccer field by young soccer aficionados. Kidz Love Soccer...where the score is always Fun to Fun!

Rainout Hotline: 1-800-871-2275. **Location:** Cahalan Park.

No Class 10/11
Instructor: Kidz Love Soccer

Tot

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.521	Th	9/25-11/20	9:30-10:00am	3.5-4	9	CH
252.2.522	Th	9/25-11/20	5:05-5:35pm	3.5-4	9	CH
252.2.523	Sa	9/27-11/22	4:50-5:20pm	3.5-4	9	CH

Pre-Soccer

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.524	Th	9/25-11/20	10:00-10:35am	4-5	9	CH
252.2.525	Th	9/25-11/20	5:35-6:10pm	4-5	9	CH
252.2.526	Sa	9/27-11/22	2:30-3:05pm	4-5	9	CH

Soccer 1

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.527	Th	9/25-11/20	3:20-4:05pm	5-6	9	CH
252.2.528	Sa	9/27-11/22	3:05-3:50pm	5-6	9	CH

Soccer 2

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.529	Th	9/25-11/20	4:05-4:50pm	7-8	9	CH
252.2.530	Sa	9/27-11/22	3:50-4:35pm	7-8	9	CH

Soccer 3

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.531	Sa	9/27-11/22	3:50-4:50pm	9-12	9	CH



Almaden Fitness Center

"Get in shape for Summer!"

- Open to 14 yr. olds and up.
- Fitness Pass receipt must be presented at the time of check in
- Fitness attire and athletic shoes are mandatory
- Fitness room features new equipment and televisions to enhance your workout experience
- Locker rooms are now open and include showers and day use lockers for your convenience
- We reserve the right to refuse entry

Fitness Room Hours:

Mornings: Monday-Friday: 8:00am-2:00pm

Saturday 9:00am-4:00pm

Evenings: Monday-Friday 5:00-8:00pm

Locker Room Hours:

Mornings: Monday-Friday: 8:00am-2:00pm

Saturday 9:00am-4:00pm

Evenings: Monday-Friday 5:00-8:00pm

Winter Warriors Soccer League

\$68

Join Kidz Love Soccer for games all winter long. Boys and girls will play along side their favorite teammates if a format of 6 vs. 6 play. This format provides players multiple touches on the ball, lots of running, and super soccer action! Players will receive tactical and technical instruction from a Kidz Love Soccer coach, who also officiates the game. The league emphasizes fun, competition, and learning. In addition players will receive a Winter Soccer League T-shirt.

No Class 11/29, 12/27

Instructor: Kidz Love Soccer

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.532	Sa	12/6-1/17	9:00-9:45am	5-6	6	CH
252.2.533	Sa	12/6-1/17	10:00-10:45am	7-8	6	CH
252.2.534	Sa	12/6-1/17	11:00am-12:00pm	9-12	6	CH

Parent/Toddler Yoga - *By Popular Demand*

\$108

Come and join in on the fun with your toddler (2-5yrs)! This friendly class will help kids explore silly ways to move. Stories, simple poses, music and games through which parent and child can deepen bonds. No expectations or experience needed, just an open playful heart. **Price is per person.**

No Class 10/13

Instructor: Pickel

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.535	M	9/15-11/10	11:30am-12:30pm	18+	10	AD

Tennis - Beginning

\$70

Instruction of basic strokes, including forehand, backhand, volley, and serve. Additional topics covered include racket components and size purchase guidelines, court etiquette, court components, score keeping, etc. Students provide their own racket and one unopened can of tennis balls. Wear court sneakers. **Location:** Leland High School, 667 Camden Avenue.

No Class 10/11

Instructor: Morgan

Course #	Days	Date	Time	Age	Mtg.	Loc.
252.2.536	Sa	9/20-11/15	9:00-10:00am	8-14	8	LH
252.2.537	Sa	9/20-11/15	10:00-11:00am	8-14	8	LH

Tennis - Intermediate

\$70

This class will build on the beginning tennis classes and teach more advanced skills and techniques of tennis. Participants must show proof of attending at least one session of Beginning Tennis. Students provide their own racket and one unopened can of tennis balls. Wear court sneakers.

Location: Leland High School, 667 Camden Ave.

No Class 10/11

Instructor: Maynard

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.538	Sa	9/20-11/15	3:00-4:00pm	7-12	8	LH

Track and Field

\$89

Today's youth athletes are tomorrow's champions! As the #1 high school and junior high school participatory sport, track & field, long distance running, and race walking offer a variety of competitive and fitness opportunities. This class will introduce students to the basic events of track and field such as sprints, relays, jumps, and more, while teaching good sportsmanship and teamwork. Participants must wear comfortable clothes, running shoes and bring water. **Location:** Leland High School, 667 Camden Ave.

No Class 10/11

Instructor: Maynard

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.539	Sa	9/20-11/15	2:00-3:30pm	7-12	8	LH

Yoga for Youth - *New*

\$108

You've probably heard about the wonderful things yoga can do for the spirit, body and mind. Why limit those things to adults? In this class youth will have the opportunity to reap all the benefits of yoga in a safe and open environment. They experience such transformations as: increased peace of mind, a deeper sense of security, optimism toward their future, a heightened sense of self, improved concentration, mental and emotional control, expanded awareness and sensitivity and in general, a revitalized mind, body, and spirit. Participants should wear loose clothing and bring water.

No Class 10/13

Instructor: Pickel

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.540	M	9/15-11/10	5:00-5:50pm	7-12	10	AD

ADULT CLASSES

Floral Arranging for Special Occasions

\$61

This class is designed for beginners and will teach you how to create beautiful and exciting flower arrangements for all types of occasions including birthdays, dinner parties, holidays and signature events. Please bring a pair of flower cutting scissors and a \$50 material fee to the first class.

Instructor: Green

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.701	M	11/17-12/8	5:30-7:00pm	18+	4	AD

Guitar for Adults

\$75

Intro to guitar for adults is a class designed for aspiring guitar players with little or no experience. The primary goal of the class will be to teach students how to play chord accompaniments for singers. We will learn chords, strum patterns and scales. We will learn to read chord diagram tablature so that a student will leave the class with the ability to read song books and play their favorite tunes. Please bring a guitar to class.

Instructor: Kelly

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.702	T	9/16-11/4	8:00-8:50pm	18+	8	AD

Almaden Community Center continues on the next page



ADULT CLASSES

Kalos Healing Arts - *New*

\$91

Kalos is a Greek word meaning "beautifully well." This is how you will feel! This cutting-edge transformational healing brings optimum health and well-being to those who enjoy this meditative environment.

Instructor: Venkatesan

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.703	T	9/16-11/4	7:00-8:00pm	18+	8	AD

Parent/Child Ceramics

\$120

Have you ever wanted to take a class with your parent? Here is your opportunity! Learn hand building techniques and create useful articles and decorative pieces. A parent must attend with registered child. Firing fee is included in the price.

Instructor: Cook

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.108	Sa	9/20-10/25	10:00-11:30am	6-12	6	AD

ADULT COOKING

Chicken Delight

\$81

Join Elsie in creating delightful chicken dishes that will entice your family. Elsie will teach you original dishes such as chicken saltimbocca, deviled chicken potato bake, and chicken parmesan. Your family will be impressed with these new dishes! Additional supply fees of \$71 will be paid the first class meeting.

Instructor: Saba

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.704	M	9/15-10/6	6:30-8:30pm	18+	4	AD

Cooking Boot Camp

\$91

Get motivated to achieve cooking greatness with Sal. Your cooking skills will never be the same once you have reached the end of class. Learn how to make pies to delight, distinguished poultry dishes, hearty soups, and noodles. Seasonal menus will be created to enjoy. Your entire family will be indulgent in your progress. No additional fees will be collected.

Instructor: Vicari

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.705	W	10/22-11/12	6:00-8:00pm	18+	4	AD

Fresh and Organic Cooking - *New*

\$106

Embrace our earth and be green. Learn how to cook with fresh and organic ingredients to create healthy and delicious meals that the whole family will enjoy. Join us and discover how good it can be. Supply fees included.

Instructor: Saba

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.706	T	9/16-10/7	6:30-8:30pm	18+	4	AD

Don't Miss Out!

Register early because a class may be cancelled if it does not meet the minimum enrollment.

Holiday Baking

\$98

Looking for a class to help you through the holidays, look no further! This cooking class will emphasize deserts that are based around the holiday season. Elsie will be sharing her Williams-Sonoma experience to help you tap into your creativity. Join us in creating wonderful dishes to impress your family and friends! An additional \$25 supply fee will be collected at the first class.

Instructor: Saba

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.707	T	10/14-11/4	6:30-8:30pm	18+	4	AD

Fall Comforts - *New*

\$102

Interested in a class that will teach you basic cooking techniques as well as delicious dishes using fall flavors? Look no further. Join us in creating fabulous one pot meals, beautifully braised dishes and much much more! Supply cost included in the fee.

Instructor: Slafkosky

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.708	Th	9/18-10/9	6:30-8:30pm	18+	4	AD

ADULT HEALTH & FITNESS

Badminton - Open Play

\$17

Come show your stuff at our popular Open Play badminton program on Tuesday nights. All in all, whether you are just trying to kill some spare time or reap the benefits from one of the best exercises that you will ever get, badminton will guarantee that the time you spend will be well worth it. Like most other sports or games, the most important thing in badminton is to come out and have fun.

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.710	T	9/30-10/28	5:00-7:00pm	16+	8	AD
252.2.711	T	9/30-10/28	7:00-9:00pm	16+	8	AD
252.2.712	T	11/4-12/9	5:00-7:00pm	16+	8	AD
252.2.713	T	11/4-12/9	7:00-9:00pm	16+	8	AD

Ballroom Blitz

\$80

Welcome to the introductory course of American Ballroom Dance. You will be learning the Waltz, Tango, Ramba, ChaChaCha, East and West Coast swing. You will also reap the amazing health benefits of dance including cardiovascular and strength improvements. After completing this course, you will know footwork patterns, and have a new joy for dance in social settings!

Instructor: Garcia

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.714	Th	9/18-11/6	8:00-9:00pm	18+	8	AD

Bollywood I

\$91

Here is our most popular cardiovascular workout to India's Bollywood style dance and music. Bollywood is a fusion of hip-hop, jazz, Latin dancing, disco, Indian modern, folk, and classical dance steps to spirited songs from Indian movies. This class is for beginner and intermediate levels. Steps will be easy to follow, paced, and repeated. The class ends with mat work consisting of lower body toning and stretching, with an element of yoga. Wear comfortable workout clothes and shoes, bring water bottle, and the spirit of fun and dance!

Instructor: Venkatesan

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.715	F	9/19-11/7	5:30-6:30pm	16+	8	AD

**Bollywood II****\$91**

You've caught the Bollywood dance fever! This advanced class is designed for returning Bollywood dance students, the more experienced dancers and aerobics class-goer, and/or those who just want more. The routine introduces more advanced steps, body movements, transitions, and variations. The class ends with deep stretching, toning, strengthening, and yoga. Dress in comfortable workout clothes. Wear dance-aerobics shoes with little or no tread, for ease in twisting and turning. Bring your water bottle and towel. Get ready to have fun, sweat and to be hotter than ever!

Instructor: Venkatesan

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.716	W	9/17-11/5	8:00-9:00pm	16+	8	AD

Cardio Kickboxing**\$57**

Looking for a fun, convenient, and affordable way to lose weight and tone up? Mix up your routine with cardio kickboxing class. Use your mind and body to firm up, slim down, and burn loads of calories in a fun environment modified to suit your level. All fitness levels welcome. This is truly a great exercise. You will be addicted!

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.717	T	9/16-11/4	6:30-7:30pm	14+	8	AD

Circuit Training for Beginners**\$160**

You've heard about Circuit Training, but do you know what it's all about? Fun and fitness, that's what! Taking part in a Circuit Training class is a fun way to get fit, get strong, lose weight and get lean! This program is structured around a unique interval training format that blasts calories. Studies show that interval training improves your fitness, burns more calories than regular cardiovascular exercise, and may even help you become a better "fat burner"! Interval training can be the key to blasting through a weight loss or strength plateau—and we do it in every class!

Instructor: LifeSport Fitness, LLC

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.710	T/Th	9/16-10/9	7:30-8:30pm	18+	8	AD
252.2.719	T/Th	10/14-11/6	7:30-8:30pm	18+	8	AD

Hatha Yoga**\$108**

The physical practice of yoga reduces agitation and returns the individual to his or her personal power. Lessons are based on a variety of yoga postures, emphasizing stretching and toning muscles, relieving tension and cultivating mind to body awareness. Wear loose clothing.

*No Class 10/13**Instructor: Pickel*

Course #	Day	Dates	Times	Age	Mtg.	Loc.
252.2.720	M	9/15-11/24	7:15-8:15pm	16+	10	AD
252.2.721	M	9/15-11/24	8:15-9:15pm	16+	10	AD
252.2.722	W	9/17-11/19	6:15-7:15pm	16+	10	AD

Karate - Parent/Child**\$57**

A good physical activity for the whole family! Class is co-ed. This \$57 fee is per person. Class promotes healthy activities for family and stresses the importance of exercise. Child must be enrolled with and accompanied by a parent.

Instructor: Camp Carter International

Course #	Days	Date	Time	Age	Mtg.	Loc.
252.2.514	Th	9/18-11/6	6:00-6:50pm	5+	8	AD

Mommy/Daddy & Me Fitness**\$50**

This program is a fun and developmentally appropriate way to teach children about physical activity while attending. We want to share some of these great activities with you, and to help you encourage your child to be active. These activities are fun and easy to do and fantastically fun! Providing families with activities is a great first step in increasing physical activity for preschoolers, so every parent enrolled in the class will receive a complete list of activities we do in this class, and how they can implement them at home!

*No Class 10/11**Instructor: Serpa*

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.516	Sa	9/20-11/15	12:15-12:45pm	3-5	8	AD

Parent/Toddler Yoga**\$108**

Come and join in on the fun with your toddler (2-4yrs)! This friendly class will help kids explore silly ways to move. Stories, simple poses, music and games through which parent and child can deepen bonds. No expectations or experience needed, just an open playful heart. **Price per person.**

*No Class 10/13**Instructor: Pickel*

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.537	M	9/15-11/24	11:30am-12:30pm	18+	10	AD

Pilates**\$57**

Come learn the basics of Pilate's mat work! This exercise technique can be used to strengthen and tone your abs, hips and thighs. This class promotes flexibility, agility, good posture, and body awareness. Please bring mat to class.

*No Class 10/11**Instructor: Camp Carter International*

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.723	Sa	9/20-11/15	9:00-10:00am	16+	8	AD

Salsa Caliente**\$91**

Welcome to a class designed for club style Salsa, Merengue, Samba, and ChaChaCha. We will be learning these dances with more Latin styling of hand motions, foot placement, and musicology. Not only will you be receiving ballroom influences, but also the authentic rhythms of these dances to gain a better understanding, fluidity, and confidence of club dancing.

Instructor: Garcia

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.724	Th	9/18-11/6	7:00-8:00pm	16+	8	AD

Sports Officiating 101**\$70**

If you enjoy sports, here is a class that will help you get paid for watching sports! This class will teach you all you need to know to go out and get a job as a referee for the multiple youth and adult sports leagues in the bay area. This class will focus on basketball officiating, and everything you need to know to succeed at it. Participants must bring a black and white referee shirt, black pants, black tennis shoes, and a whistle.

*No Class 10/13**Instructor: Ransom*

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.725	M	9/15-11/10	7:00-8:00pm	16+	8	AD



ADULT HEALTH & FITNESS

Tai Chi \$57

Learn relaxation techniques that can remove the stress from your day in this beginning level tai chi class. The basic moves of tai chi can enhance you physically, mentally, and emotionally to make each day more beautiful. Come learn these great techniques in a relaxing atmosphere.

No Class 10/13

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.726	M	9/15-11/10	9:30-10:30am	16+	8	AD

Tennis \$70

Instruction of basic strokes, including forehand, backhand, volley and serve. As well as racket components and size purchase guidelines, court etiquette, court components, score keeping, etc. Students provide their own racket and one unopened can of tennis balls. Wear court sneakers.

Location: Leland High School, 667 Camden Avenue.

Instructor: Morgan

Course #	Days	Date	Time	Age	Mtg.	Loc.
252.2.727	W	9/17-11/5	6:30-7:30pm	18+	8	LH

Volleyball - Beg/Int \$81

This is an introduction course to volleyball. This course emphasizes teaching and practicing volleyball skills, techniques, and game strategies in order to improve each student's skills. Each week a new skill is practiced while the previous skills are reviewed! These skills range from serving to passing to setting to attacking (spiking) to blocking...all the skills necessary for a player and team to be successful in the game! We also will cover team communication and basic offensive and defensive team strategies. Please wear gym appropriate shoes and bring water.

Instructor: Castro

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.728	Th	9/18-11/6	8:15-9:15pm	18+	8	AD

Zumba \$91

You haven't heard yet? This is the latest dance-aerobic craze, spreading across the world. Now you can come and dance to Latin and International music and do the Salsa and Samba. No dance experience is required, no partner required, (just the desire to dance and shake your hips.) Getting into shape and maintaining cardio-health, losing weight, and toning the body is a result of Zumba. Wear workout clothes and bring a towel. It is very important to wear shoes with no tread, like jazz shoes, as to allow ease of twisting and sliding of the feet. Prepare to shake it, groove it and move it!

No Class 10/13

Instructor: Venkatesan

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.729	M	9/15-11/10	6:15-7:15pm	16+	8	AD

Do you have a talent, hobby, or special skill to share with others?

Turn that skill into cash by becoming a class instructor. Apply on-line at

jobs.cityofsj.org

or call (408) 979-7829 for more information.



ZOOMERS – NEW!

This generation of "Baby Boomers" is the most active group of seniors our nation has ever seen, zooming from work to the gym, to classes, and to vacations all over the world. Because they are so active, they have been given the nickname "ZOOMERS!" This is an all new section of classes added for all those ACTIVE seniors in our community! This is an easy, safe, FUN way to stay active and healthy into your golden years. Any adults, ages 50+, are welcome to participate in our "Zoomers" classes, which include dance, sports, fitness, cooking, language, plus health and wellness workshops. Get movin' today!

Adult Tap \$91

Get out your old tap shoes and join us for some serious fun! This class is for all skill levels, from the beginner who wants to learn the basics, to the experienced who wants to brush up. Participants will learn cutting edge techniques, put them into practice in routines, and perform for the community! Additional fees may apply for costumes. Tap shoes required.

Instructor: Dance Force

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.730	T	9/16-11/4	12:05-12:50pm	50+	8	AD

Basketball - Drop-In \$1.50/session

Come and get your game on! Basketball involves a lot of starting and stopping. While not renowned as an aerobic sport, it is still a great workout that can help you:

- Burn calories (an hour of basketball can burn 630-750 calories)
- Build endurance · Develop concentration · Build up muscle

Instructor: Staff

Day	Date	Time	Age	Mtg.	Loc.
T	9/16-11/4	11:00am-12:00pm	50+	8	AD

Fall Prevention/Balance Training \$21

Falls are the leading cause of injury among older adults. This fall prevention lecture examines the reasons older adults fall and the strategies available for reducing their risk of falling. Participants will learn two simple assessments to determine their risk of falling and discover easy ways to incorporate exercises into their lifestyle that may reduce this risk. Making your home more fall-safe will also be discussed.

Instructor: LifeSport Fitness, LLC

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.731	Sa	9/27	10:00-11:15am	50+	1	AD

**Fearlessly Fit – Beginning Weight Training \$113**

Intimidated by gym equipment? Not sure what to do with dumbbells? This class is for you! We'll show you how everything works in the exercise room at our Recreation Center. Participants in this class will:

- Learn the proper use of the cardio and strength training equipment in our exercise room
- Practice using the equipment with the assistance of a Certified Personal Trainer
- Learn basic strength training principles and cardiovascular conditioning guidelines
- Create a basic strength training program suitable to their personal needs and goals
- Receive a workbook detailing exercises that can be done with the equipment in the Center

Instructor: LifeSport Fitness LLC

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.732	T	9/16-10/7	9:30-10:30am	50+	4	AD
252.2.733	T	9/16-10/7	6:30-7:30pm	50+	4	AD

Fighting the Battle of Bone Loss \$21

Osteoporosis can lead to disabilities later in life. Discover how to take charge of your bone health NOW! Learn what the research says with regard to exercise and diet in the battle against bone loss. Participants will leave with descriptions of easy-to-do exercises and nutrition tips to decrease their risk of osteoporosis.

Instructor: LifeSport Fitness, LLC

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.734	Sa	10/4	10:00-11:30am	50+	1	AD

Fit Over Fifty – Circuit Training \$160

What is Circuit Training about? Fun and fitness, that's what! Taking part in a LifeSport Fitness circuit training class is a fun way to get fit, get strong, lose weight and get lean! Our circuit training program is structured around a unique interval training format that blasts calories. Studies show that interval training improves your fitness, burns more calories than regular cardiovascular exercise, and may even help you become a better "fat burner" during your regular cardio workouts! Interval training can be the key to blasting through a weight loss or strength plateau—and we do it in every class!

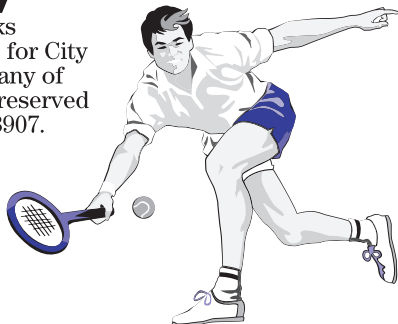
Instructor: LifeSport Fitness, LLC

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.735	M/W	9/15-10/8	8:00-8:50am	50+	8	AD

Tennis Anyone?

Twenty-one City parks include tennis courts for City residents to enjoy. Many of these courts may be reserved by calling (408) 369-3907.

Tennis classes are offered through many City community centers. Check the class listings for times and locations.

**Hatha Yoga \$108**

The physical practice of yoga reduces agitation and returns the individual to his or her personal power. Lessons are based on a variety of yoga postures, emphasizing stretching and toning muscles, relieving tension and cultivating mind to body awareness. Wear loose clothing.

Instructor: Pickel

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.736	W	9/17-11/19	7:15-8:15pm	50+	10	AD

Kayaking - Bird Watching Tour \$60

In the fall and winter the Elkhorn Slough virtually vibrates with birds – flocks of thousands of sandpipers, dunlins, dowitchers and other shorebirds. These flocks of birds put on a captivatingly powerful show of nature as they fly overhead – diving and turning. In a kayak, one can view this stunning show in an intimate and unobtrusive manner. Come catch the show from the best viewpoint possible...on the water! From 1983-1990, the Elkhorn Slough held the North American record for the highest number of bird species (116) observed from a fixed point in one day! **Meet at:** 2370 Highway 1, Moss Landing, CA 95039.

Instructor: Kayak Connection

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.737	Sa	10/4	9:00am-12:00pm	8+	1	KC

Volleyball \$45

Bump, Set and Spike your way to fitness! You'll have so much fun; you won't even notice you're getting a workout. All skill levels are welcome, from the beginner looking to learn a new skill to the experienced player wishing to keep his/her skills sharp. The first half of the class will be led by an instructor to build skills as well as teach techniques and strategies of the game. The second half of the class we will split the group into teams and play a game! *No Class 10/13*

Instructor: Castro

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.738	F	9/19-11/7	5:30-6:30pm	50+	8	AD

ADULT SPECIALTY CLASSES**Gourmet Meals for the Entertainer \$72**

Interested in learning how to prepare a gourmet meal from start to finish? Join James Barcia, our Almaden Community Center Cook, for this 4-week class. Whether you are interesting in hosting a party of ten or preparing a romantic dinner for two, this class will teach you the perfect appetizer, salad, entrée, and dessert to make your evening shine! Bring an apron and carrying bag.

Instructor: Barcia

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.742	Sa	9/27-10/18	10:00-11:30am	50+	4	AD

Italian Language for the Traveler \$68

Whether you are planning a vacation to Italy or just want to learn the basics, this class is for you! Taught by a seasoned Italian Instructor you will have the opportunity to embrace the Italian language through conversation and group interaction. We welcome all levels and encourage you to give it a try!

Instructor: Albanese

Course #	Day	Date	Time	Age	Mtg.	Loc.
252.2.743	F	9/19-10/24	6:15-7:45pm	50+	6	AD

Almaden Community Center continues on the next page



THERAPEUTIC PROGRAMS

Simply Cooking – *New*

\$50

This introductory course for adults with developmental disabilities covers basic kitchen safety, basic menu planning, shopping and preparing simple dishes. Menus will include breakfast foods, lunch, simple dinners and deserts. Class includes lecture, observation of multi dish meal preparation, followed by students hands on preparation and service of one dish. Students will receive instructional materials to take home each week. Class is conducted in a teaching kitchen which utilizes gas burners. Staffing ratio is 4:1. Please send registration to: Office of Therapeutic Services, 3369 Union Ave. San José, 95124 Attn: Dominique

Instructor: Vicari

Course #	Day	Date	Time	Age	Mtg	Loc
261.2.814	M	10/20-11/24	6:30-8:00pm	18+	6	AD

Kinderfun

\$90

A play program designed for children with developmental disabilities including those with Autism Spectrum Disorders. The class includes music, games, arts and crafts, movement activities and field trips. Food will be provided for all cooking projects. Children should bring a sack lunch to class each week. Room 1

No Class 10/11

Instructor: Staff

Course #	Day	Date	Time	Age	Mtg	Loc
261.2.807	Sa	9/20-11/22	9:30am-12:30pm	5-10	8	AD

What are the three core services provided by the City of San José, Parks, Recreation and Neighborhood Services?

1

Neighborhood Livability Services

Support community residents, schools and neighborhood organizations to make their neighborhoods more livable, provide and maintain open space and neighborhood parks.

2

Life Enjoyment Services

Provide opportunities for City residents to play, learn, socialize and receive supportive assistance to live healthy and enriched lifestyles.

3

Community Strengthening Services

Provide services that enable individuals and groups to exercise power and influence over their own lives and communities.

Almaden - Youth Program

6445 Camden Ave., San José 95120

Phone: 408-268-1133

Supervisor: Dominic Polito

Email: dominic.polito@sanjoseca.gov

Contact Person: Brandon Kwock

Email: brandon.kwock@sanjoseca.gov

Bus Line: 63

Types of Programs: After school and summer recreation, clubs, and special events for youth 11-17 years old

TEEN ACTIVITIES

Drop-In Youth Program

Ages 11-17

Monday-Friday 3:00-6:00pm

The Youth Drop-In Recreation Program is a safe and fun place for teens to come and participate in various activities. Experienced staff will provide daily activities. All participants must have a signed registration form to participate. Please see our calendar for a full listing of activities. We welcome your input and ideas! Please see Brandon Kwock or a youth program staff member and to let them know what you'd like to see at the program.

Activities

- Field Trips
- Arts and Crafts
- Special Events
- Workshops

Game Room

- Pool Tables
- Air Hockey
- Foosball
- Ping Pong
- Tournaments

Lounge

- XBOX 360
- Big Screen TV
- Movies
- Board Games
- Cards

Sports

- Drop-In Gym
- Intramural Sports

